

Avoiding Weight Management Pitfalls

It's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one.

Here are some tips to help you avoid some common portion-size pitfalls and other ways to manage your weight.

- When snacking in front of the TV, put the amount that you plan to eat into a bowl instead of eating straight from the package.

- A daily regime of 30 minutes of sustained exercise will help with weight management. It is essential to develop a daily exercise routine.

- If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

- Learning how to read and understand food labels can help you make healthier choices.

- Replace the candy dish with a fruit bowl.

- Store tempting foods, like cookies, chips, or ice cream on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.

- Balancing the number of calories you expend through physical activity with the calories you eat will help you achieve your desired weight

